

### Jazz Aerobics

**Instructor: Bitsy Graham**

Strong heart, Strong muscles, Strong bones! That's what you get from Jazz Aerobics: 25 - 30 minutes of choreographed, energetic routines to your favorite music from the 60's all the way to Broadway, abdominal and core strengthening, muscle toning, strengthening of legs & arms, balance work, and, of course, stretching and flexibility. Bring hand and ankle weights, and a "can do" attitude!

**15 weeks, 2 or 3 days per week**

**Monday, Wednesday & Friday 8:45 - 9:45 am**

**September 10- December 21 (No class 10/8, 11/12 & 11/23)**

**@ Warren Building**

**\$255 for three days per week**

**\$220 for two days per week**

**Min: 10/Max: 20**

### Heartbeat for Adults

**Instructor: Bitsy Graham**

This is a comprehensive fitness program featuring aerobics, toning and flexibility. The routines are choreographed, easy to learn, and they emphasize cardiovascular efficiency. There is nothing tedious or boring about this class!

**15 weeks, 2 or 3 days per week**

**Tuesday, Thursday & Friday 6:15 - 7:15 am**

**(Toning: 6:15-6:30 am)**

**September 11 - December 21**

**(No class 11/22 & 11/23)**

**@ Sprague School**

**\$255 for three days per week**

**\$220 for two days per week**

**Min: 10/Max: 20**



### Boogie Into Shape with Bitsy

**Instructor: Bitsy Graham**

Come and experience a complete and comprehensive workout featuring creative choreographed routines done to upbeat and popular tunes. Aerobics, muscle toning, weight training (using light hand and ankle weights), and stretching, all in one very dynamic hour. Getting in shape can and should be fun! Please bring an exercise mat to class.

**15 weeks, 2 days per week**

**Tuesday & Thursday 9 - 10 am**

**September 11 - December 20 (No class 11/22)**

**@ Warren Building**

**\$220**

**Min: 10/Max: 20**

### Cardio Funk: For 50+

**Instructor: Beth Nast**

As we age, exercising is even more important -- to help with quality of life, & keeping one's life long and happy. Exercise offers a wide range of benefits: weight control, lowers blood pressure, lowers cholesterol, cuts the risk of heart attack, strengthens your immune system, eases arthritis pain, protects against osteoporosis, fends off some forms of cancer, keeps you thinking sharp, and even brightens your mood. Oh, and let's not forget: It makes you look fabulous! In this small class you will move to all kinds of music and develop greater muscular strength, flexibility, balance, and cardio endurance. We'll do this in a gentle and fun way, so you won't even know you are working hard!

**8 weeks**

**Tuesday**

**11 am - 12 pm**

**September 18 - November 13 (No class 10/16)**

**@ Warren Building**

**\$170**

**Min: 5/Max: 8**

**NEW!**

### Boot Camp

**Instructor: Focus on Fitness Staff**

In this one-hour we will challenge you with cardio boot camp drills and resistance exercises. Get ready to work your entire body, from head to toe. We will use weights, bars, balls, bands, and more. Every major muscle group will be worked each class, with a strong focus on multi-function and core exercises. Some stations will be more cardio-based, while others may be more core-focused. This class will have interval components we recommend using a heart-rate monitor to achieve your best results. Focus on Fitness will donate to the Recreation Department Children's scholarship fund for each Wellesley resident who mentions the Recreation Department brochure when they register for this program.

**Monday**

**9 - 10 am**

**Classes begin September 10**

**@ 5 Weathersfield Road, Natick (Right off Rt 9 West)**

**Please call 617-281-2329 or email [andyprovost@comcast.net](mailto:andyprovost@comcast.net) for class availability & pricing.**

**NEW!**

### Boxing Boot Camp

**Instructor: Focus on Fitness Staff**

This class is the "Real Deal," with heart pumping music to motivate you through a great workout. You will learn how to properly punch both speed and heavy bags to start. There will be drills using hand pads, heavy bags and speed bags. In between drills there will be various rope interval drills for improving foot speed and cardio conditioning. Plyometrics and various core strength drills will also be taught. You will look just like a "Million Dollar Baby" when we get done with you. Focus on Fitness will donate to the Recreation Department Children's scholarship fund for each Wellesley resident who mentions the Recreation Department brochure when they register for this program.

**Classes begin September 13 & 15**

**@ 5 Weathersfield Road, Natick (Right off Rt 9 West)**

**Please call 617-281-2329 or email [andyprovost@comcast.net](mailto:andyprovost@comcast.net) for class availability & pricing.**

**NEW!**

**Tennis****Beginner/Adv. Beginner****Instructors:** Mike Sabin & John Gautschi

This is an introduction to the sport of tennis covering the most basic aspects. Participants will work on forehand, backhand, serve and learning the rules of the game. Please bring a tennis racquet.

**5 weeks****Friday** 9 - 10:30 am**September 14 - October 12 (Raindate: 10/19)****@ Hunnewell Tennis Courts, Rt. 16****\$140** Min: 8/Max: 12**Saturday Morning Tennis Lessons****Instructor:** Bruce Mansfield

These tennis lessons are designed to help new players learn and more experienced players improve. Lessons will focus on serving, back/forehand, volleying & foot-work.

**5 weeks****Beginner** 9 - 10 am**Intermediate** 10 - 11 am**For each class above:****Saturday****September 15 - October 13 (Raindate: 10/20)****@ Hunnewell Tennis Courts, Rt. 16****\$125** Min: 3/Max: 3**Wednesday Morning Tennis Lessons****Instructor:** Bruce Mansfield

These tennis lessons are designed to help new players learn and more experienced players improve. Lessons will focus on serving, back/forehand, volleying & foot-work.

**5 weeks****Beginner** 9 - 10 am**Intermediate** 10 - 11 am**For each class above:****Wednesday****September 12 - October 10 (Raindate: 10/17)****@ Hunnewell Tennis Courts, Rt. 16****\$125** Min: 3/Max: 3**Tennis****Intermediate/Advanced****Instructors:** Mike Sabin & John Gautschi

This class is for the player who is looking to develop their court strategy and improve technique. We will also work on stroke positioning, volley, and serve. Please bring a tennis racquet.

**5 weeks****Thursday** 6:30 - 8 pm**September 20 - October 18 (Raindate: 10/25)****\$155 (includes tennis tag)** Min: 4/Max: 12**\$140 (if you already purchased a tennis tag)****or****Friday** 10:30 am - 12 pm**September 14 - October 12 (Raindate: 10/19)****\$140** Min: 8/Max: 12**For each class above:****@ Hunnewell Tennis Courts, Rt. 16****Co-Ed Volleyball: (Ages: High School +)**

This is an opportunity to play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up volleyball. The Recreation Department reserves the right to limit the number of drop-in players.

**12 weeks****Thursday** 7 - 9 pm**September 20 - December 13****(No games 11/22)****@ Warren Building****FREE****Women's Basketball: (Ages: High School +)**

This is an opportunity to play pick-up games, once a week. The Recreation Department reserves the right to limit the number of drop-in players.

**12 weeks****Tuesday** 7 - 9 pm**September 18 - December 11 (No games 11/20)****@ Warren Building****FREE**

### Out Spoke'N

**Guides: Lee & Bob Evans**

A program designed for active people seeking safe, fun-filled, sociable on- and off-road cycling adventures featuring a suburban Boston never seen from the interior of an SUV. Out Spoke'N's team of experienced guides makes use of roads, bike paths, conservation land, parks, forests, and fells to create these twelve-to-fifteen mile discovery-rides, new each week and requiring two hours to complete with only a few stops.

**7 weeks**

**Monday: On & Off Road 9:30 – 11:30 am**

**September 17 - November 5 (No class 10/8)**

**@ Location TBA**

**\$88**

**Min: 1/Max:6**

**7 weeks**

**Thursday:**

**9:30 – 11:30 am**

**On the Road ONLY**

**September 20 - November 1**

**@ Location TBA**

**\$88**

**Min: 1/Max:6**

**8 weeks**

**Friday: On & Off Road**

**9:30 – 11:30 am**

**September 14 - November 2**

**@ Location TBA**

**\$99**

**Min: 1/Max: 6**

### Soft Spoke'N

**Guides: Lee & Bob Evans**

Cycling at an easy pace on quiet roads, bike paths, and "civilized" trails. Soft Spoke'N rides include learning introductory shifting and braking skills, reinforcing safe cycling techniques both on and off the roads, and becoming familiar with elementary bike maintenance skills, in addition to the main event, i.e. riding a ten mile (or so) route with your guides.

**7 weeks**

**Monday: On & Off Road**

**12 – 1:45 pm**

**September 17 - November 5 (No class 10/8)**

**7 weeks**

**Thursday: On the Road ONLY!**

**12 – 1:45 pm**

**September 20 - November 1**

**For each class above:**

**@ Location TBA**

**\$88**

**Min: 1/Max: 6**

#### For Out Spoke'N & Soft Spoke'N Classes:

Starting locations vary each week, but will be within ½ hour of Wellesley. You must be prepared to transport your bicycle to a different starting point each week. In case of inclement weather, classes will be added to the end.

All participants in cycling programs must wear ANSI and/or CPSC-approved helmets and must bring a bike in good working condition. For more on the Evans' and their programs, please visit their website [www.getupngoadventures.com](http://www.getupngoadventures.com), cycling shorts and gloves recommended.

The guides are First Aid/CPR certified and trained to handle minor mechanical problems. They also carry equipment kits to deal with simple injuries and typical on-trail repairs.

### Fall Foliage Canoe Trip on the Sudbury River

**Instructor: Still River Outfitters**

Enjoy the breathtaking views of autumn in New England from a different perspective. As you glide through the water in a kayak, everything will slow down and life will seem tranquil. We'll pause for hot chocolate and cookies in a picturesque spot. No experience is necessary. Families encouraged to participate. Directions will be sent upon registration.

**One trip**

**Sunday**

**October 14**

**2 - 5 pm**

**@ Lowell Road Canoe Launch, Concord**

**\$65/person**

**Min: 2/Max: 6**

Take an  
online course  
with  
Ed2Go!

**Hoofbeats: Adults****Instructor: Century Mills Stables**

Whether you are an experienced rider that has been away from the sport, or a beginner just starting out with a love of horses, join Century Mills Hoofbeats program and join the fun! No experience necessary. Students will spend half of each class learning the basics of horse care and horsemanship (grooming and tacking) and the other half in the saddle in a small group lesson. Century Mills offers experienced MA licensed instructors, and top quality lesson horses for all programs. Facilities include outdoor and indoor arenas, and a heated viewing lounge (lessons run in all weather). Please wear long pants and comfortable hard soled shoes with a heel (no sandals) – paddock boots are ideal. Helmets available, or bring your own for a perfect fit.

NO REFUNDS for withdrawal after registration deadline.

**DEADLINE TO REGISTER IS ONE WEEK BEFORE THE START OF EACH SESSION.**

4 classes/session

**Friday 11 - 11:50 am**

**Session 1: October 5, 12, 19 & 26**

**Session 3: November 9, 16, 23 & 30**

**Session 5: December 7, 14, 21 & 28**

**For each class above:**

**\$175 Min: 1/Max: 6**

**Directions to Horseback Riding**

Century Mill Stables is only a stone's throw from Route 495 – How one gets to Route 117 from Wellesley is pretty much up to the individual and how well they know the area. Staying on major highways it is best to come to Route 495 from Wellesley via Route 9 or via Route 128 to the Mass Pike West. Go north on Route 495. Take exit 27 (Bolton/Stow exit) and at the bottom of the ramp take a left onto Route 117 toward Stow and then an IMMEDIATE right onto Route 85. Go one mile on Route 85 and take a right onto Century Mill Road. Century Mill Stables (#185) is one mile down on the right. Please call (978-779-2934) if you have trouble finding the stable.

**Kick Boxing****Instructor: Focus on Fitness Staff**

This is a 45 minute class that teaches basic boxing skills using heavy bags and gloves all taught to choreographed music. There will be some light strength work and or core work in each class with a stretch at the end. This class is an excellent aerobic workout for the busy mom or anyone trying to get their workout done before the day starts. Focus on Fitness will donate to the Recreation Department Children's scholarship fund for each Wellesley resident who mentions the Recreation Department brochure when they register for this program.

**Tuesday & Thursday 5:45 - 6:30 am**

**Classes begin September 25 & 27**

**@ 5 Weathersfield Road, Natick (Right off Rt 9 West)**

**Please call 617-281-2329 or email [andyprovost@comcast.net](mailto:andyprovost@comcast.net) for class availability & pricing.**

**NEW!**

**Non resident  
fee is  
\$10 per class**

**Introduction to Aikido****Instructors: Josh Nathan**

A traditional Japanese martial art, Aikido may be translated as "the way of harmony with universal energy." Aikido is both an excellent form of physical exercise and self-defense. The study of Aikido technique teaches smooth, balanced, and coordinated movement in a non-competitive, cooperative atmosphere. Aikido contains no punching or kicking techniques and is suitable for adults of any age and physical condition. In this course, you will learn the nine basic movements of Aikido, which can be combined to perform hundreds of basic techniques. You will learn how to fall on the mat safely, and to coordinate your movement with your partner. Please wear loose fitting sweats with long sleeves and pants. We practice barefoot or with socks.

**10 weeks**

**Monday**

**6 - 7:30 pm**

**September 17 - December 3 (No class 10/8 & 11/12)**

**@ Warren Building**

**\$150**

**Min: 6/Max: 10**

**Resident Program registration begins Wednesday, September 5, 2007**